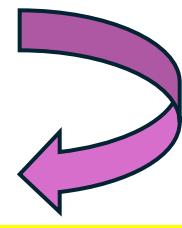
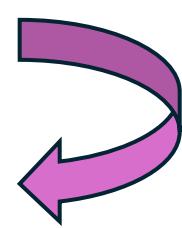


Some people's brains and bodies work in a way that is not considered typical. We call this neurodivergence. Two common types of neurodivergence are ADHD and Autism. Scientists have recently decided you can have both, which can be called AuDHD.



Some people have difficult and distressing experiences in their lives. We call this trauma. Trauma can lead to post-traumatic stress disorder (PTSD). When the trauma is repeated or over a long period of time, particularly when you are young and unable to escape, it can cause complex-PTSD, which has its own unique symptoms.

Science in this area is still in its infancy, but people who are neurodivergent and/or who experience trauma seem to have a higher rate of other, less well-known conditions. You may want to look up some of the following terms:

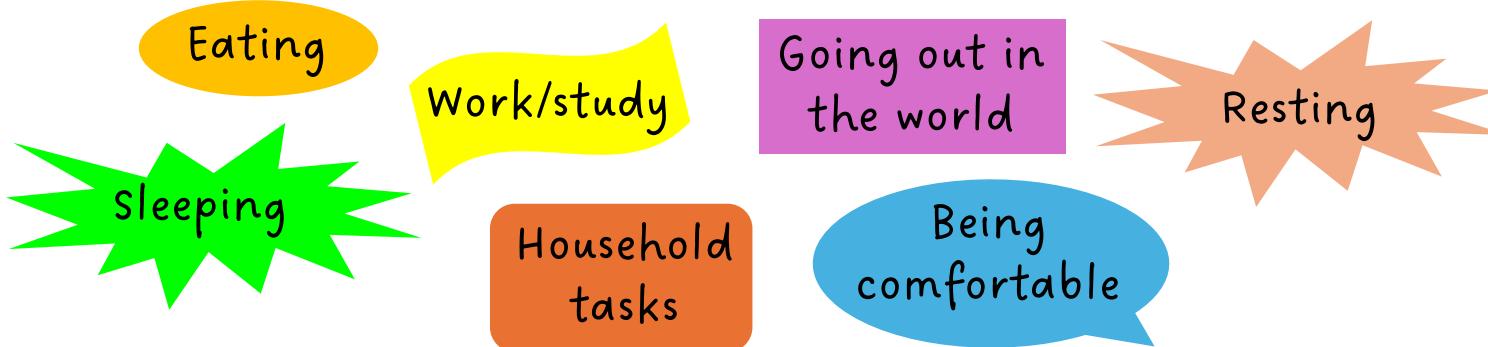


Systemic issues	<u>Irritable bowel syndrome (IBS)</u>	<u>Autoimmune conditions</u>	<u>Fibromyalgia</u>	<u>Thyroid conditions</u>
<u>Ehlers-Danlos syndrome (EDS)</u>	<u>Sleep apnea</u>	<u>Restless legs syndrome</u>	<u>Mast cell activation syndrome (MCAS)</u>	<u>Postural tachycardia syndrome (POTS)</u>
<u>Menstrual matters</u>	<u>Premenstrual dysphoric disorder (PMDD)</u>	<u>Endometriosis</u>	<u>Polycystic ovary syndrome (PCOS)</u>	<u>Challenges navigating the menopause</u>
<u>Mental health</u>	<u>Eating disorders</u>	<u>BINGO!</u>	<u>Substance misuse</u>	<u>Addiction</u>
<u>Other neurodiversities</u>	<u>Bipolar</u>	<u>Obsessive-compulsive disorder (OCD)</u>	<u>Tourette's</u>	<u>Personality disorders</u>

The combination of any of the above can have an impact on your ability to do day-to-day tasks. This might include:

Some helpful words:

- Chronic illness
- Disability
- Dynamic disability



...Now what can I do about it?

Knowledge is power
- educate yourself & share with others

! Seek specialist medical support

Process trauma - therapy, journalling, somatic meditation, whatever works for you



Vagal tone exercises



Look after your physical health - the basics eg gentle exercise, adequate rest, healthy diet, medicines, vitamins/supplements



Make accommodations to meet your needs!